Handout 14.4 (PATIENT VERSION)

Emotional exposure/distress tolerance

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0		5		10
Do not avoid	Hesitate, but do not avoid	Sometimes avoid	Usually avoid	Always avoid
No distress	Somewhat distressed	Definitely distressed	Strongly distressed	Extremely distressed
Hardest (1) to easiest (5):	*Emotion/Situation (thoughts, feelings, behaviours):*	*Avoidance rating:*	*Distress rating:*	*Exposure strategy/plan (flexibility/ mindfulness):*
1	*[gastroparesis patient] Abdominal fullness/pain/nausea after eating small dinner with friends, "I feel so sick", "Why does this happen to me", "I can't handle this", leave restaurant before everyone finishes and go to bed.*	*7*	*9*	*Eat dinner with friends and allow myself to feel really full and uncomfortable, notice how I feel while sitting with my friends and not leaving or saying anything to them, just noticing it and tolerating the discomfort until the food starts to move further along in the digestive process.*
2				
3				
4				
5				

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1				
2				
3				
4				
5				

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This handout was written by Ms Karen Conlon and Dr Laurie Keefer based upon their chapter entitled "Cognitive behavioural therapy (CBT) approaches to gastrointestinal conditions" (Chapter 14) from Knowles, S.R., Keefer, L., & Mikocka-Walus, A. (2019). Psychogastroenterology with Adults: A Handbook for Mental Health Professionals. Oxon, UK: Routledge Press.

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